Balancing Your Plate

Tom-Tom and Carlos need help making a healthy balanced meal! Help them create a balanced plate. On the back of this page, draw a plate like the one below. Then draw your favorite foods by filling ½ the plate with fruits and veggies, ¼ the plate with lean protein and ¼ the plate with whole grains!

Marcos’ School Snacks!
Help Marcos figure out the missing letters in these tasty snacks for after school. These snacks will help keep Marcos focus at basketball and homework.

- Carrots and baby _ _ r _ _ _ s with hummus
- Greek yogurt with fruit, n _ _ _ and honey
- Whole-wheat English m _ _ _ n pizza
- Apple slices and nut _ _ u _ _ e _

Kira’s Favorite Fitness Ideas!
Kira loves playing with her friends at school to help stay active, fit and strong! Match the fitness benefit with the playground activity!

- Monkey bars
- Soccer
- Hoola-hoop
- Climbing structure
- Hopscotch

Builds your abdominal and core muscles!
Builds overall strength and hand-feet coordination!
Improves endurance for heart health!
Builds shoulder strength!
Improves balance and coordination!

Nutrition & Fitness Tips

Jessie’s Back to School Guacamole on Toast!

September 16th is National Guacamole Day! Avocado is loaded with potassium, tasty heart healthy fats, and fiber! Mix together these ingredients and serve on top of whole grain toast.

Makes: 8 servings
Ingredients:
- 3 avocados
- ½ cup tomatoes (chopped)
- 1 lime (juiced)
- ½ bunch cilantro (chopped)
- 2 cloves garlic (mashed)
- ¼ tsp. of cumin
- A pinch of salt and pepper

Directions:
1. Mash avocado in a bowl
2. Add tomatoes, lime juice, cilantro, garlic, salt and pepper. Mix until ingredients are evenly distributed
3. Serve with your favorite whole grain toast!

“I like a fried egg with mashed avocado on toast”
- Jessie

Visit SuperKidsNutrition.com for more fun and healthy learning activities © 2017 SuperKids Nutrition Inc.